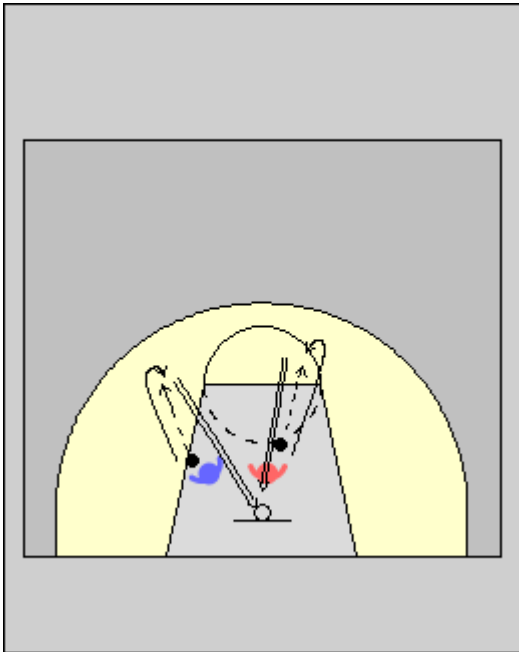


## Group work forwards

Here is the workout with the forwards. It started with the same wall passing drills to warm up the feet and hands as the guards.

### Points of emphasis

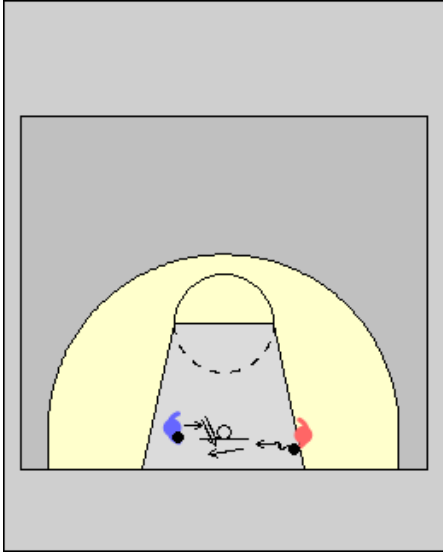
- Receiving the ball – show ten fingers, catch the ball with the finger pads, absorb the ball. We too many fumbles or balls being caught with the palm or heel of the hand
- Passing the ball with speed and at a target. The ball needs to be kept tight to the body.
- Pivoting – players are stepping not pivoting. Watch the hip. The hip needs to turn not move forward or back. By stepping the player usually will stand up and lose their balance.



### 1) Toss and shoot

The player starts with their back to the basket. The ball is tossed low so the player will have to get low to receive the bounce. The player catches and pivots to shoot the ball. Keys:

- low pivot - mix it up not always on the same foot
- as the 2nd foot hits the floor push into the high release shot

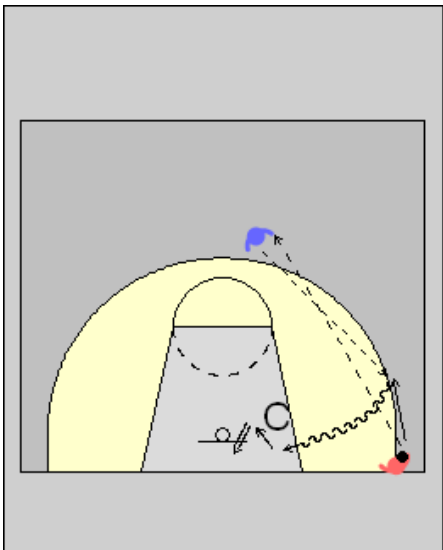


## 2) Baseline drives

This is when the player has been force almost under the backboard.

Progression

- Step with inside foot, climb the ladder with the opposite leg and shoot the ball off the board with the inside hand. Land parallel to the backboard. Go to the opposite side.  
add the one dribble
- Come out the other side. Can use either hand. The plant foot must be on or past the midline of the basket for most developing players. Understand the advantages of opening (expose the ball to the shot blocker but your plant foot can be deeper under the basket.) or turning in to the board (protect the ball but need to be closer to the basket with your plant foot).



## 3) Sweep and go

